

WIC Foods for Moms to Be

WIC foods help meet your
nutritional needs while you take
care of your growing baby.

What You Receive

Grains

- 36 oz iron-fortified cereal
- 1 pound whole wheat bread, brown rice,
or whole wheat or soft corn tortillas

Fruits and Vegetables

- Three 46 oz cans or three 12 oz frozen
containers of vitamin C-rich juice
- \$8 fruit and vegetable check

Dairy

- 4 1/2 gallons of milk (skim through 2%)*
- 12 oz can of low-fat evaporated milk
- 1 pound of cheese
- * Soy milk or tofu may be issued in place of
milk

Protein

- 1 dozen eggs
- 18 oz peanut butter
- 1 pound dry beans or four 16 oz cans of
beans (kidney, pinto, garbanzo or red beans)



**Eat WIC Foods
for a Healthy
You and a
Healthy Baby**

WIC Foods for Children

WIC foods help meet your child's
nutritional needs.

What Your Child Receives

Grains

- 36 oz iron-fortified cereal
- 2 pounds whole wheat bread, brown rice,
or whole wheat or soft corn tortillas

Fruits and Vegetables

- Two 64 oz bottles of vitamin C-rich juice
- \$6 fruit and vegetable check

Dairy

- 3 gallons of milk*
Children under 2 receive whole milk
Children over 2 receive low-fat milk
(skim through 2%)
- 12 oz can of low-fat evaporated milk
- 1 pound of cheese
- * Soy milk or tofu may be issued in place of
milk with doctor's approval

Protein

- 1 dozen eggs
- 18 oz peanut butter or 1 pound dry beans
or four 16 oz cans of beans (kidney, pinto,
garbanzo or red beans)



Missouri
WIC



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